

Energy Bars

These are great for a quick breakfast or a healthy after-school snack for the kids (or adults). They are also easy to make in the Bosch Mixer with the cookie paddles.

- 1 cup brown sugar
- 1/2 cup butter or margarine
- 2 Tbsp. honey or Xagave
- 1/2 cup peanut butter
- 1/2 tsp. vanilla
- 1 egg
- 1 1/3 cups fresh ground whole wheat flour (it included the wheat germ)
- 1 tsp. cinnamon
- 1/2 tsp. baking soda
- 1 tsp. salt
- 1 1/2 cups rice crispies
- 1 1/2 cups rolled oats
- 1/4 cup sunflower seeds
- 1/4 cup pumpkin seeds
- 1 cup chocolate chips
- 1 cup coconut
- 1 cup frozen blueberries (or fresh raisins or cranberries)



Preheat oven to 350 degrees F and grease an 11"x15"pan. In the Bosch Mixer equipped with the wire whips or cookie paddles (these are better to use) cream sugar and butter. Add honey, peanut butter, vanilla and egg. Blend together. In a separate bowl stir flour, cinnamon, soda, salt, rolled oats, rice crispies, sunflower seeds and pumpkin seeds. Add to creamed ingredients. Switch to dough hook and add chocolate chips, coconut and frozen or dried berries. Turn mixture into pan. Press and bake 22 min. and cut into bars while still warm.

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